

PROPER CARE AND FEEDING OF ME!

Answer the following questions about YOU...

My favorite things to eat are:

- 1.
- 2.
- 3.

If I'm sick, I like to be taken care of in these ways:

- 1.
- 2.
- 3.

Other than being told, I feel really loved when a friend or family member...

- 1.
- 2.
- 3.

If I need to or want to relax I like to...

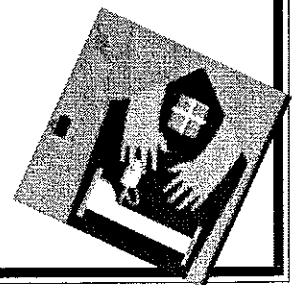
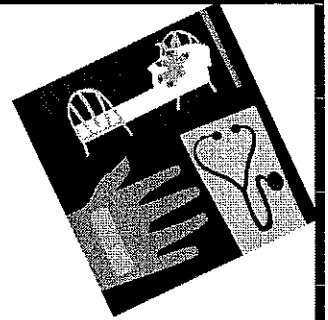
- 1.
- 2.
- 3.

When I'm angry I need to...

- 1.
- 2.
- 3.

When I get sad or depressed I like/need to...

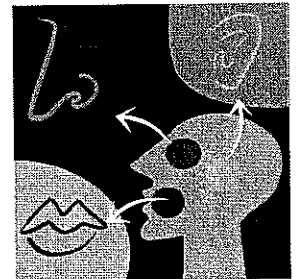
- 1.
- 2.
- 3.



THINGS YOU SHOULD KNOW ABOUT ME...

Circle True or False based on who YOU are:

- T/F I love it when people try to cheer me up if I'm angry.
- T/F If I go somewhere where I don't know anyone, I'll be quiet until someone else approaches me.
- T/F I do something very specific every day to improve my health.
- T/F If I feel like crying, I'll cry as long as I need to.
- T/F If I'm angry with someone, I'll confront them immediately.
- T/F I have at least one person I can tell ANYTHING to and trust him/her completely.
- T/F I have big dreams and goals for my life that I think about often.
- T/F If a friend of mine is upset, it really bothers me.
- T/F I worry about my future.
- T/F I understand myself very well.
- T/F I do not like it when things change in my life.
- T/F I am motivated to make my parent(s) proud of me.
- T/F I care a lot about my reputation and what other people think of me.
- T/F I **need** to spend some time alone every day or I get cranky!
- T/F I feel I've always had to struggle in school to learn/get good grades.
- T/F I get along well with my family members most of the time.
- T/F I like spending time with my family more than friends.
- T/F I have a few good friends that I've had for several years.
- T/F I prefer to be left alone when I'm angry.
- T/F I have some things I love to learn about.
- T/F I've never really thought about if I want to have kids someday.
- T/F I think I've matured a LOT this past year.
- T/F Others think I am things that I am NOT.



What makes you...YOU?

Another great thing to know about yourself is what makes you special and worth knowing or working with. It helps to know what your strengths are as a person as well as your weaknesses that need improvement.

Start with thinking about and listing some things about YOU!

List 5 things that make you a great person to be around:

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things that make you a great friend to others:

- 1.
- 2.
- 3.
- 4.
- 5.

No one's perfect so....now...

List 5 things about you that you know you'll need to improve on, as you continue to mature, to be a successful adult:

- 1.
- 2.
- 3.
- 4.
- 5.

What we worry about and spend time doing...

People often spend time, effort and worries on things that are really just a waste of time. Our effort and focus could better be spent on things that REALLY matter and will REALLY have impact on our lives and the lives of people around us.

List 5 things you know you WORRY about or FOCUS your time on that are REALLY not very important in the big picture of your life:

Example: Spending a lot of time playing video games or worrying about what others think about your looks or personality.

1.

2.

3.

4.

5.

List 5 things you COULD/SHOULD focus on or give effort to that you're **not**, that would make your life easier, more productive **OR** help make the life of someone else better, if you did. Example: spending more time helping parents at home or being kinder to a sibling.

1.

2.

3.

4.

5.

You gotta have friends!



Other than family, our friends are often the most significant people in our lives. For teens, friendships are incredibly important. When you were little, friends were mostly just to play with. Your family was who helped you with problems, and who you spent most of your time with.

As you get older, your friends take on a more important role in your life, as you create more independence from your parents. Friends and who they are is definitely worth thinking about because who we choose as our friends says much about who we are as people.

List 3 of your closest, best friends right now. Next to each name write two things that make that person such a great friend to you.

- 1.
- 2.
- 3.

List 3 critical things you get from your friendships.

- 1.
- 2.
- 3.

List 3 things that make YOU a great friend to others.

- 1.
- 2.
- 3.

List 3 things you would NOT tolerate in a friend of yours.

- 1.
- 2.
- 3.

THINGS ABOUT ME...

As teens we often begin realizing things about ourselves that we like and things that we dislike. Sometimes we're tough on ourselves and judge ourselves a LOT. Some things about who we are cannot be changed. Some things can. Some things bother us and some things we feel great about! Some we were born with and some things we became as a result of happenings in our lives.

List 3 things about your LOOKS that you like:

- 1.
- 2.
- 3.

List 3 things about your LOOKS that you are not thrilled with:

- 1.
- 2.
- 3.

List 3 things about your PERSONALITY that you like:

- 1.
- 2.
- 3.

List 3 things about your PERSONALITY that you do NOT like or cause problems for you:

- 1.
- 2.
- 3.

List 3 things that you wish were true about your LOOKS:

- 1.
- 2.
- 3.

List 3 things that you wish were true about your PERSONALITY or skills you wish you had:

- 1.
- 2.
- 3.



One of the areas of growth and thinking teens need is realizing that there's a huge world out there. You are a member of the massive human race, where billions of people live each day in various qualities of life. Some are born into fortunate life experiences, some are born into painful lives with many challenges that make just surviving each day a battle. Some are born with handicaps or diseases that add challenges. Some are born with unique gifts and talents. Some are born into huge families and some small or no family to speak of. No one picks the life circumstances they're born into and we are mostly unaware of what else is out there in others' lives. There are surely people out there with better lives than yours and some with worse. Now is a great time to start looking around at what YOUR world gives you and at the bigger world beyond your view. Start by looking/thinking about YOUR personal world...the life your parents/guardians have provided for you:

First describe the city/town you live in:

Big? Small? Loud? Crowded? Quiet? Exciting? Do you like it?





Next describe your home:

What does it look like? How is it decorated? Colorful? Big? Small? New? Old? Apartment? Yard?

Now describe your bedroom:

Decorations? Colors? Clean? Do you share it? Like it? What would you change?



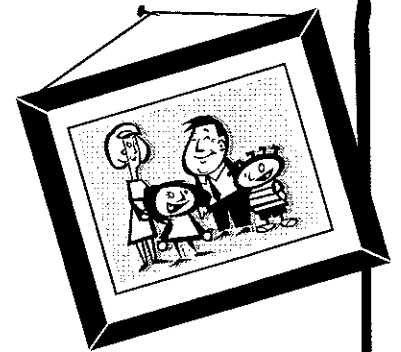
"Rejoice with your family in the beautiful land of life!" Albert Einstein

Now ...your family. Family is what most people feel deepest gratitude for. Even though no family is perfect, they are the people we love first in our lives and often take most for granted. Families give us our greatest joy and sometimes our greatest challenges. Take a minute and think about YOUR immediate family, then do the following for 3 of them:

1. Write 2-3 sentences describing them.
2. Pick an animal they seem most like and write a simile that best describes them and 3 ways they are like that animal.

Example: (description) My father is average height with grey hair who tells great jokes and stories. He loves to eat so his tummy is quite round. His hands are rough from working hard and his back always hurts.

2. (simile) My father's LIKE a grizzly bear, large and slow moving, but will protect his family ferociously if needed. He spends most of his free time napping and foraging through the kitchen for snacks!



Name of family member:

Description:

Simile:

Name of family member:

Description:

Simile:

Name of family member:

Description:

Simile:

Use a separate piece of paper and tape it in here if you'd prefer or need more room.



I am...many things!

Finish the following sentence starters....

I expect....

I do...

I will try...

I won't ever...

I am afraid...

I plan...

I am trying...

I will become...

I want...

I wish...

I dislike...

I hope...

I should...

I feel...

I desire...

I never...

I wonder...

I believe...

I will always remember...

I am sad...

I dream that...

I pretend...

I deeply enjoy...

I am often...

I feel happiest when...



